

Your Health and  
Wellness Resource

# all is well at Harris County



## 2014 Wellness Screening Program

## It's time to get your wellness screening!

Wellness screenings are available  
between **August 19 and  
September 30, 2014** at all Quest  
Diagnostic Patient Service Centers  
and participating Harris County  
offices.

- **Who's Eligible?** Employees covered by the Harris County Medical Plan (Aetna) and covered spouses are eligible for this FREE wellness screening.
- To register, go to **my.blueprintforwellness.com**, using your Registration Key: **harriscounty** and your Unique ID, which is the first 3 letters of your last name and last 4 digits of your Social Security number.

*If you have any questions or issues with online registration, contact Blueprint for Wellness Customer Support at 1-866-908-9440 (available Monday – Friday 7 a.m. – 8:30 p.m. and Saturday 7:30 a.m. – 4 p.m.) or by email at [wellness@questdiagnostics.com](mailto:wellness@questdiagnostics.com).*

- Follow the online registration instructions and select where you prefer to attend your wellness event. You choose what location works best for your schedule — either at your workplace location or at an offsite Quest Diagnostics® Patient Service Center.
- Please make your appointment 3 weeks before your workplace wellness event! Walk-ins are also welcome as space permits.
- If you choose to go to a Quest Diagnostics Patient Service Center, you will need to schedule your appointment online. Make sure to print and bring your confirmation page with you. If you visit a Quest Diagnostics Patient Service Center without an appointment, you could have a long wait.

## Get Prepared!

Remember to fast 9 – 12 hours before your screening, drink plenty of water and take all medications, as directed by your doctor.

Bring your Aetna insurance card and a government-issued photo ID to your appointment.

Height, weight and blood pressure measurements, as well as a simple blood draw, will be completed during your wellness screening.

Your results will be mailed to you within 2-3 weeks of your wellness screening. Remember to share your results with your doctor at your next visit.

## 2015 Naturally Slim®

natura)(y)slim®

Don't miss out on this truly life changing program! **Participate in the 2014 wellness screenings and you will be eligible to apply for the 2015 Naturally Slim program!** Selection criteria will apply and participants will be chosen by Naturally Slim.

Visit [www.wellathctx.com](http://www.wellathctx.com) (use password: well4hctx) > Stay Well > Programs to find out more

## Healthy Actions Medical Plan

Completion of a routine annual physical, well woman exam OR County-coordinated wellness screening fulfills an eligibility requirement of the 2015-16 Healthy Actions Medical Plan.

To learn more, visit [www.wellathctx.com](http://www.wellathctx.com) (use password: well4hctx) > Stay Well.

## 2014 Seasonal Flu Shot Program

Beginning mid-September, Harris County offices hosting wellness screening events will also have seasonal flu shots available. The complete seasonal flu shot schedule will be released in August.

Step 2

Email [wellness@bmd.hctx.net](mailto:wellness@bmd.hctx.net)  
Call 713-274-5500

Visit [www.wellathctx.com](http://www.wellathctx.com) (password: well4hctx)



# 2014 Wellness Screening Schedule



Locations shaded **ORANGE** will also have the 2014 seasonal flu vaccinations available.  
The Wellness Screening satisfies Step 2 for the 2015-16 Healthy Actions Medical Plan.

<b>August 19,</b> 6:00 - 10:00 a.m.	<b>Flood Control North Service Center</b> 7522 Prairie Oak Drive, Pavilion–Room 102
<b>August 20,</b> 7:00 - 11:00 a.m.	<b>Criminal Justice Center</b> 1201 Franklin Street, 7th Floor Attorney Ready
<b>August 20,</b> 7:00 - 11:00 p.m.	<b>701 County Jail</b> 701 N. San Jacinto, ODR
<b>August 22,</b> 8:00 - 11:00 a.m.	<b>Annex 3 Will Clayton Courthouse</b> 7900 Will Clayton PKWY, Courtroom
<b>August 26,</b> 7:00 - 11:00 a.m.	<b>1200 County Jail</b> 1200 Baker Street, Conference Room
<b>August 27,</b> 7:00 - 11:00 a.m.	<b>Civil Courthouse</b> 201 Caroline Street, 17th Floor Conf. Room
<b>August 27,</b> 11:00 p.m. - 2:00 a.m.	<b>701 County Jail</b> 701 N. San Jacinto, ODR
<b>August 29,</b> 7:00 - 10:00 a.m.	<b>Flood Control Administration</b> 9900 Northwest Freeway, 1st Floor Conf. Room
<b>September 3,</b> 7:00 - 11:00 a.m.	<b>Administration Building</b> 1001 Preston Street, Conference Room 100
<b>September 4,</b> 6:00 - 9:00 a.m.	<b>Flood Control South Service Center</b> 5301 Almeda Genoa Road, Meeting Room
<b>September 4,</b> 11:00 p.m. - 2:00 a.m.	<b>1200 County Jail</b> 1200 Baker Street, Conference Room
<b>September 9,</b> 8:00 - 11:00 a.m.	<b>Annex C, Public Library Administration</b> 8080 El Rio Street, Training Room
<b>September 9,</b> 8:00 - 11:00 a.m.	<b>Annex 8, Baytown Courthouse</b> 701 W. Baker Rd, Baytown, Courtroom
<b>September 10,</b> 7:00 - 10:00 a.m.	<b>Annex 13, Constable PCT 5</b> 17423 Katy Freeway, Training Room
<b>September 10,</b> 7:00 - 10:00 a.m.	<b>Comm. PCT 4, Harvey Maintenance Camp</b> 2302 Atascocita Road, Meeting Room
<b>September 11,</b> 8:00 - 11:00 a.m.	<b>Annex 4, John Phelps Courthouse</b> 101 S. Richey Road, Jury Assembly Room
<b>September 12,</b> 7:00 - 11:00 a.m.	<b>Juvenile Justice Center</b> 1200 Congress Street, 1st Floor Training Room
<b>September 12,</b> 8:00 a.m. - 12:00 p.m.	<b>Institute of Forensic Sciences</b> 1885 Old Spanish Trail, 1st Floor Training Room
<b>September 15,</b> 7:00 - 11:00 a.m.	<b>Annex 83, Public Health &amp; Environmental Services</b> 2223 W. Loop South, Conference Room 532

<b>September 17,</b> 7:00 - 10:00 a.m.	<b>Comm. PCT 4, Lyons Maintenance Camp</b> 11920 T.C. Jester Blvd, Meeting Room
<b>September 17,</b> 7:00 - 11:00 a.m.	<b>Annex 60, Eastex Building, HCJPD-CUPS 6</b> 9111 Eastex Freeway, Probation Training Room
<b>September 18,</b> 7:00 - 10:00 a.m.	<b>Comm. PCT 4, Spring Maintenance Camp</b> 4603 Spring Cypress Road, Meeting Room
<b>September 18,</b> 7:30 - 11:30 a.m.	<b>Annex M, Murworth</b> 8410 Lantern Point Drive, Auditorium
<b>September 19,</b> 7:00 - 10:00 a.m.	<b>Comm. PCT 2, Wade Camp</b> 8103 Wade Road, Building C
<b>September 19,</b> 7:30 - 11:30 a.m.	<b>Annex 17, Cypresswood Courthouse</b> 6831 Cypresswood, Spring, Const. Conf. Rm
<b>September 23,</b> 5:30 - 9:30 a.m.	<b>Comm. PCT 3, Westside Service Center</b> 16635 Clay Road, Meeting Room
<b>September 23,</b> 7:30 - 10:30 a.m.	<b>Comm. PCT 2, Washburn Tunnel</b> 3100 Federal Road, Building A
<b>September 24,</b> 8:30 a.m. - 12:00 p.m.	<b>Toll Road Authority, Westside Service Center</b> 2707 W. Sam Houston PKWY N., Courtroom
<b>September 24,</b> 6:30 - 10:30 a.m.	<b>Annex 44, Anderson Clayton Building</b> 1310 Prairie Street, Suite 970 Wellness Center
<b>September 25,</b> 8:00 - 11:00 a.m.	<b>Annex 26, Jim Fonteno Courthouse</b> 14350 Wallisville Road, Courtroom
<b>September 25,</b> 7:00 - 11:00 a.m.	<b>Burnett Bayland Reception Center</b> 6500 Chimney Rock, 1st Floor Training Room
<b>September 26,</b> 7:30 - 11:30 a.m.	<b>HC Toll Road Authority</b> 7701 Wilshire Place Drive, Building B
<b>September 30,</b> 8:00 - 11:00 a.m.	<b>Greater Harris County 9-1-1, Tom Bass Building</b> 10220 Fairbanks N. Houston Rd, Multi-Purp. Rm
<b>September 30,</b> 7:00 - 11:00 a.m.	<b>701 County Jail</b> 701 N. San Jacinto, ODR

all is well at  
Harris County

Questions?

Email [wellness@bmd.hctx.net](mailto:wellness@bmd.hctx.net)  
Call 713-274-5500

Visit [www.wellathctx.com](http://www.wellathctx.com) (password: well4hctx)

